

# Tap On Elite - Heart Rate Monitor With Hydration Alert Model: SH201

## USER MANUAL

### CONTENTS

<b>Control buttons</b> .....	2
<b>Display</b> .....	2
<b>Starting your watch (first time)</b> .....	3
<b>Set user profile</b> .....	3
Activity level .....	4
<b>Set watch profile (time / date / alarm)</b> .....	4
<b>Set exercise program</b> .....	5
General exercise (AUTO) .....	5
Smart Training Program .....	6
Maximum / upper / lower HR Limits .....	7
Training categories .....	7
<b>Alert</b> .....	8
Dehydration alert .....	8
<b>Tap on lens</b> .....	9
Use tap on lens function .....	9
<b>Wearing the chest belt and watch</b> .....	9
Transmission signal .....	10
<b>Start exercising</b> .....	11
Start taking measurements – General exercise .....	12
Start taking measurements – pre-programmed exercise (JOG / RUN / CYCLE) .....	12

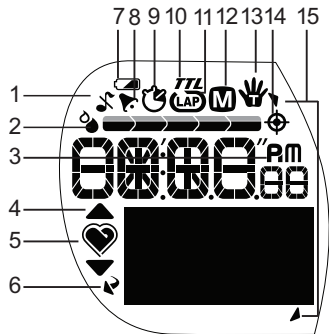
Pause, resume / stop .....	12
Taking laps .....	13
<b>Memory</b> .....	13
Understanding the displays .....	14
Clear records .....	15
<b>Other operations and settings</b> .....	15
Activate alarm .....	15
Activate backlight .....	15
Beep tone on / off .....	15
Replace battery .....	16
Keypad lock .....	16
<b>Install bike mount</b> .....	16
<b>Water resistance</b> .....	17
<b>About the fitness / body mass index</b> .....	17
Fitness index .....	17
Body mass index .....	18
<b>Specifications</b> .....	19
<b>Precautions</b> .....	20
<b>About Oregon Scientific</b> .....	21

## CONTROL BUTTONS




1. / : Activate backlight; lock / unlock keypad
2. **Tap on lens**: start stopwatch (Chrono) or Smart training program; record lap; return to default time display
3. **MODE/-**: toggle between modes; exit current display and return to previous screen; initiate search for HR signal; decrease value of the setting
4. **ST/SP/+**: start / stop stopwatch; increase value of the setting; toggle setting options; toggle displays; activate / deactivate key tone
5. **SET/LAP**: enter setting mode; confirm setting; record lap; skip exercise sequence during Smart training program; activate / deactivate alarm and tap on lens

## DISPLAY



1. : keytone deactivated
2. : dehydration indicator – a missing segment (right to left) indicates that user should drink a portion of liquids
3. AM / PM
4. : heart rate is no longer within target range
5. : heart rate signal indicator
6. : prompt to press **MODE/-** to exit; : press **MODE/-** to toggle / select
7. : low battery indicator
8. : alarm activated
9. : stopwatch running (Chrono)

10. **TTL**: displayed data relates to entire exercise period
11. **LAP**: lap function activated / lap data is displayed
12. **M**: memory mode is displayed
13. **⏏**: tap on lens function enabled
14.  **◆**: target indicator –indicates time till completion of Smart training program (e.g., if warm-up, exercise and rest time combined is 50 minutes, each segment would represent 10 minutes)
15. **▲/▲/▼**: key press prompt

## STARTING YOUR WATCH (FIRST TIME)

Press and hold all 4 buttons at the same time to activate the LCD screen. The watch will prompt you to set your user profile.

### IMPORTANT

- To ensure accurate calculations with your exercise, you are strongly recommended to set the watch and user profiles before exercising.
- Remember to set the profiles and exercise program settings after every battery replacement or reset.

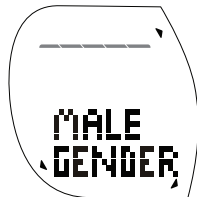
**NOTE** When the watch is left idle for 30 seconds during set up, it will automatically exit.

**TIP** For your added convenience, the watch has been programmed to exit settings / current mode and return to default time display upon a simple tap of the screen.

## SET USER PROFILE

When prompted to set user profile after starting the watch for the first time, the screen below will be shown. Go directly

to step 4.



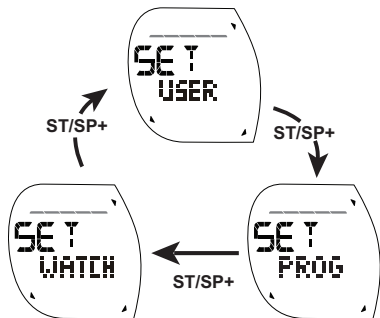
**For normal setting procedure:**

1. Press **MODE/-** repeatedly to select **◆SET**, “SET PROG” will be displayed shortly after.
2. Press **ST/SP/+** repeatedly to navigate to “SET USER”.
3. Press **SET/ LAP** to enter user profile setting options.
4. Set user profile according to the following order: gender, age, weight unit, weight, height unit, height, activity level, by pressing the following buttons:
  - **ST/SP/+** to increase value or toggle options
  - **MODE/-** to decrease value or toggle options
  - **SET/LAP** to confirm

Once user profile is set, the watch will automatically generate a BMI (body mass index) and Fitness index\*. These calculations along with the calorie / fat % burned and the period you exercised at the correct intensity (within chosen HR zone / limits) will help you track your progress over time.

\*For information about BMI / Fitness index, please refer to “About the fitness / body mass index” section in this manual.

After your user profile is set, the "SET USER" screen below will be shown. You can continue setting other profiles (watch or exercise program) by pressing **ST/SP/+** repeatedly.



### ACTIVITY LEVEL

The activity level is based on your own self-assessment of the amount of exercise you regularly perform.

ACTIVITY LEVEL	DESCRIPTION
LITTLE	Low – You do not usually participate in programmed recreation sports or exercise.

### HOBBY

Medium – You are engaged in modest physical activity (such as golfing, horseback riding, table tennis, calisthenics, bowling, weight lifting or gymnastics) 2-3 times a week, totaling 1 hour per week.

### ATHLETE

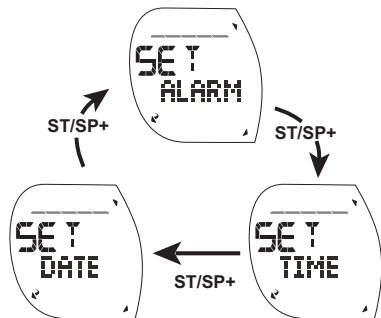
High – You actively and regularly participate in heavy physical exercise (such as running, jogging, swimming, cycling, or skipping rope) or engage in vigorous aerobic exercise (such as tennis, basketball or handball).


**NOTE** You must enter the activity level to calculate the calories burned and fitness index.

**TIP** As you progress, update weight and activity level to help the watch give you an up-to-date reflection of your physical condition.

### SET WATCH PROFILE (TIME / DATE / ALARM)

1. Press **MODE/-** repeatedly to select **SET**, "SET PROG" will be displayed shortly after.
2. Press **ST/SP/+** repeatedly to navigate to "SET WATCH".
3. Press **SET/LAP** to enter watch profile setting options.
4. Press **ST/SP/+** repeatedly to select the option to set: alarm, time, date.



5. Press **SET/LAP** and start setting the selected option by pressing the following buttons:
    - **ST/SP/+** to increase value or toggle options
    - **MODE/-** to decrease value or toggle options
    - **SET/LAP** to confirm
  6. Repeat steps 4-5 for all setting options.
-  will appear when alarm has been enabled.



## SET EXERCISE PROGRAM

To achieve balanced fitness, you may wish to do a variety of exercises for different parts of the body and at varying intensities. To accommodate this, the exercise program can be set to suit different activities, from pre-programmed exercises such as jogging, running and cycling to general exercise with no specific time schedule or planning.

For example, if you are running, your exercise program settings are likely to differ from those you would use when cycling. Also, the time you require to warm-up and complete an exercise will vary. That is why you can change the warm-up and exercise countdown time to suit you.

## GENERAL EXERCISE (AUTO)

This function is suited for situations when you are unsure how long your activity will take.

1. Press **MODE/-** repeatedly to select  **SET**.
- 
2. Press **SET/LAP** to enter (SET PROG) exercise program setting options.
  3. Press **SET/LAP** to enter (SET AUTO) settings. The screen below will be shown.



(Choose either option **A** or **B** below. See "Maximum / Upper / Lower HR limits" section in this manual <below> for more details).

**A. To use pre-programmed heart rate limits:**

- i. Press **SET/LAP**.
- ii. Press **ST/SP/+** or **MODE/-** to select HR zone (50-60%; 61-70%; 71-80%; 81-90%; 91-100%), then press **SET/LAP** to confirm.



Option B allows you to manually change your upper and lower heart rate limit if the pre-programmed setting does not suit you or the type of exercise you are doing.

**B. To define heart rate limits manually:**

- i. Press **ST/SP/+** to toggle to "SET HR LIMIT", then press **SET/LAP**.
- ii. Press **ST/SP/+** or **MODE/-** to input lower HR limit then press **SET/LAP** to confirm.
- iii. Press **ST/SP/+** or **MODE/-** to input upper HR limit then press **SET/LAP** to confirm.

**SMART TRAINING PROGRAM**

The watch has a pre-programmed exercise option, the Smart Training Program, which enables you to complete exercise cycles effectively. It will guide you through from a "warm-up" session to the "end of your exercise" program. In addition to monitoring your heart rate and alerting you whenever you fall out of the HR range for the selected training zone, the program allows you to check the calories burned and the percentage of fat burned.

1. Press **MODE/-** repeatedly to select **SET**.



2. Press **SET/LAP** to enter (SET PROG) exercise program setting options.
3. Press **ST/SP/+** repeatedly to navigate to "SET EX PROG" then press **SET/LAP** to enter settings.
4. Press **ST/SP/+** repeatedly to select type of exercise (jog, run, cycle) and press **SET/LAP**.

(Choose either option **A** or **B** below, then continue to step 5).

**A. To use pre-programmed heart rate limits:**

- i. Press **SET/LAP**.
- ii. Press **ST/SP/+** or **MODE/-** to select HR zone (50-60%; 61-70%; 71-80%; 81-90%; 91-100%), then press **SET/LAP**.



Option B allows you to manually change your upper and lower heart rate limit if the pre-programmed setting does not suit you or the type of exercise you are doing.

**B. To define heart rate limits manually:**

- i. Press **ST/SP/+** to toggle to "SET HR LIMIT", then press **SET/LAP**.
- ii. Press **ST/SP/+** or **MODE/-** to input lower HR limit then

press **SET/LAP** to confirm.

- iii. Press **ST/SP/+** or **MODE/-** to input upper HR limit then press **SET/LAP** to confirm.



5. Continue to set the following setting options: warm-up time, exercise time, rest on/off, dehydration or target indicator, by pressing the following buttons:
- **ST/SP/+** to increase value or toggle options
  - **MODE/-** to decrease value or toggle options
  - **SET** to confirm

Repeat steps 4-5 for all programs (jog / run / cycle).

### MAXIMUM / UPPER / LOWER HR LIMITS

To help achieve maximum health benefits from your workout program, it is important to know your:

- Maximum Heart Rate (MHR)
- Upper heart rate limit
- Lower heart rate limit

MHR is expressed in beats per minute. You can get your MHR from an MHR test, or you can estimate it by using the following formula:

$$220 - \text{age} = \text{MHR}$$

The watch is pre-programmed with 5 HR target zone options, each with its lower and upper heart rate limit, as listed in the table below:

Lower limit	Upper limit	Type of activity
50% x MHR	60% x MHR	Moderate Activity
61% x MHR	70% x MHR	Weight Management
71% x MHR	80% x MHR	Aerobic Zone
81% x MHR	90% x MHR	Anaerobic Threshold Zone
91% x MHR	100% x MHR	Red Line Zone (Maximum capacity)

The most common zone range is from 50% to 80% of your Maximum Heart Rate. This is where you achieve cardiovascular benefits, burn fat and become more fit.

### TRAINING CATEGORIES

There are three categories of training as described in the table below:

Training Category	MHR %	Description
Health Maintenance	65 – 78%	This is the lowest training intensity level. It is good for beginners and those who want to strengthen their cardiovascular systems.
Aerobic Exercise	65-85%	Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories and can be maintained for a long period of time.

Anaerobic Exercise	78-90%	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle and cannot be maintained for a long period of time.
--------------------	--------	--

The upper and lower heart rate limits are calculated by multiplying your MHR by the percentages of the selected training category.

#### For example:

A 40-year-old training for basic health maintenance:

- His upper heart rate limit  $[220 - 40(\text{age})] \times 78\%$
- His lower heart rate limit  $[220 - 40(\text{age})] \times 65\%$

**IMPORTANT** Always warm up before exercise and select the training category that best suits your physique. Exercise regularly, 20 to 30 minutes per session, three to four times a week for a healthier cardiovascular system.

**WARNING** Determining your individual training category is a critical step in the process towards an efficient and safe training program. Please consult your doctor or health professional to help you determine exercise frequency and duration appropriate for your age, condition and specific goals.



## ALERT

\* During exercise, when the heart rate is out of the target zone, the watch will send out visual and/or sound alerts. You can choose to turn the sound alert on/off in the "SET ALERT"


option. For details of target zone, refer to "Maximum / Upper / Lower HR limits" section in this manual.

#### To activate / deactivate alert:

1. Press **MODE/-** repeatedly to select , "SET PROG" will be displayed shortly after.
2. Press **SET/LAP** to enter exercise program setting options. "SET AUTO" will be displayed shortly after.
3. Press **ST/SP/+** repeatedly to navigate to "SET ALERT" then press **SET/LAP** to enter settings.
4. Press **ST/SP/+** or **MODE/-** to turn alert ON / OFF.

When alert has been enabled, an audio alert and  **ABOVE ZONE** or  **BELOW ZONE** will flash when you have surpassed your heart rate limit.

**NOTE** Sound alert will only be activated if alert setting is ON and during exercise (when stopwatch is running).

ICON	DESCRIPTION
	Heart rate sound alert is ON. <ul style="list-style-type: none"> <li>• 1 beep = you have gone below your lower HR limit</li> <li>• 2 beeps = you have gone above your upper HR limit</li> </ul>

**To silence alert:** Press any key.


## DEHYDRATION ALERT

During exercise your body loses water, most noticeably in the form of perspiration. Water makes up 60% of an adult's body and performs many critical functions. Water can boost



endurance during prolonged exercise and keep the body performing at optimal levels.

This watch intelligently processes your information, exercise intensity, and duration to remind you, at the appropriate time, the need to rehydrate.


The bar icon  is made up of 5 segments. When the user should rehydrate by drinking 1 portion of liquids (approx. 120-240 ml / 4-8 ounces), this will be conveyed by 1 segment disappearing from right to left.

**NOTE** The missing segment will not reappear after the user has replenished the body with liquids.

## TAP ON LENS

The tap on lens feature gives you easy access to 1 of 4 exercise programs.

**To select the type of exercise:**

1. Press **MODE/-** repeatedly to select  **SET**, "SET PROG" will be displayed shortly after.
2. Press **SET/LAP** to enter exercise program setting options. "SET AUTO" will be displayed shortly after.
3. Press **ST/SP/+** repeatedly to navigate to "SET TAP ON LENS" then press **SET/LAP** to enter settings.
4. Press **ST/SP/+** to select ON and press **SET/LAP** to confirm.
5. Press **ST/SP/+** or **MODE/-** to select exercise program (JOG, RUN, CYCLE) or general exercise monitoring (AUTO).

## USE TAP ON LENS FUNCTION

**To activate / deactivate Tap on Lens function:**

1. Press **SET/LAP** twice. Display will show "ON / OFF TAP ON LENS".
2. Press **ST/SP/+** to toggle ON/OFF.
3. Press **SET/LAP** to confirm selection.



indicates tap on lens function is activated.

**To use the tap on lens:**

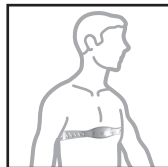
Simply tap with fingernail on the lens to start the preset exercise program or take laps.

## WEARING THE CHEST BELT AND WATCH

### Chest belt

The chest belt counts your heartbeat and transmits this data to the watch.

1. Wet the conductive pads on the underside of the chest belt with a few drops of water or conductive gel to ensure solid contact.
2. Strap the heart rate chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt sits snugly below your pectoral muscles.



### **TIPS**

- The position of the chest belt affects its performance.
- Avoid areas with dense chest hair.

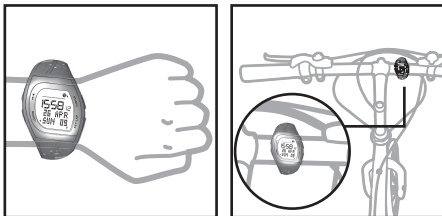
- In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.

**NOTE** To maintain the best performance of your chest belt, please handle it with care according to the following:

- Do not wrap the chest belt in a wet towel nor with other wet materials.
- Do not store the chest belt in a hot (about 50°C) and humid (about 90%) environment.
- Do not place or wash the chest belt under running water, instead clean it with a wet cloth.
- Do not place the conductive rubber face down on a metal table or surface.
- Properly dry the chest belt immediately after use.

### Watch

You can wear the receiver watch on your wrist or strap it to a bike or exercise machine, as shown below.



For first installation of bike mount, refer to “Install bike mount” section in this manual.

### TRANSMISSION SIGNAL

The heart rate chest belt and watch have a maximum transmission range of about 62.5 centimeters (25 inches). They are equipped with the latest digital coding system to reduce signal interference from the environment, as well as analog technology. For more accurate readings use the digital transmission signal. You should only switch to the analog transmission signal if the situation in point 2 occurs (see below).

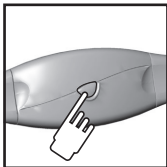
**NOTE** Whenever the watch is searching for the chest belt signal (manual or automatic search), make sure that the chest belt is no further than 10 cm (4 inches) from the watch.

Your watch will advise you which system it is using and the signal status by displaying the following icons:

Icon	Description
♥ Outside and inside heart flashing	Searching for a signal
♥ Inside heart is flashing	A signal has been found and the digital system is being used
♥ Heart is flashing	A signal has been found and the analog system is being used
♥ HR - -	No signal has been found



The signal search will take approximately 10 seconds. If after 10 seconds the heart icon is not flashing, then your signal search has been unsuccessful and you need to force another signal search.

**NOTE** To switch from digital to analog or analog to digital system, press the chest belt button for more than 4 seconds and then force a signal search.



**IMPORTANT** If "HR ---" is displayed because no signal has been found, press and hold **MODE/-** to force a signal search.

In the event that you experience a weak signal or your signal is disrupted by interference in the environment, follow the instructions below to identify and resolve the situation.

1. The signal is weak - the watch heart rate monitor will only show "0":
  - Shorten the distance between the heart rate chest belt and watch.
  - Re-adjust the position of the heart rate chest belt.
  - Check the conductive pads are moist enough to ensure solid contact.
  - Check the batteries. If they are low or exhausted, the transmission range may be shortened.
  - Press and hold **MODE/-** to force a signal search.
2. The gym equipment does not seem to work with your chest belt and the digital icon  is displayed:
  - Most gym equipment is compatible with the analog system . Press and hold the chest belt button for more than 4 seconds to change from digital to analog. Then press and hold **MODE/-** to force a signal search.

3. Interference from another person's heart rate monitor - their heart rate readings appear on your watch, or the heart rate monitor shows "0":
  - Press the chest belt button to get the watch to receive your chest belt signal. Do not press and hold the chest belt button, as it will change the transmission signal from digital to analog.
4. The signal is jammed - the heart rate reading on your watch is flashing:
  - There is too much interference in the environment for your heart rate monitor to function. Move to an area where the heart rate reading stops flashing.

**WARNING** Signal interference in the environment can be caused by electromagnetic disturbances. These may occur near high voltage power lines, traffic lights, overhead lines of electric railways, electric bus lines or trams, televisions, car motors, bike computers, some motor driven exercise equipment, cellular phones or when you walk through electric security gates. Under interference, the heart rate reading may become unstable and inaccurate.

**NOTE** If the watch is kept idle without receiving a heart rate signal for half a minute, the heart rate mode will quit and return to clock mode.


## START EXERCISING


Before you start exercise, allow the watch a few seconds to search for chest belt first. This is to ensure you can receive comprehensive calculations (such as your lap, calorie and heart rate) during exercise.

Ensure HR zone or limits have been set and if doing pre-programmed exercise, that the time conditions have been set.


**NOTE** You can view the time while exercising. Press **MODE/-** to view time.

## START TAKING MEASUREMENTS – GENERAL EXERCISE


**TIP** Skip to step 3 if tapping on lens with fingernail (if  is displayed and is programmed for general exercise 'AUTO' option).

1. Press **MODE/-** to select  **WORK 01**. "AUTO" will be displayed shortly after.
2. Press **SET/LAP** to confirm.



3. Press and hold **MODE/-** to search for HR signal. Ensure  and digits are displayed.
4. Press **ST/SP/+** to start taking measurements.

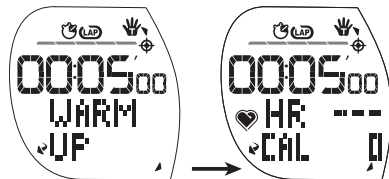
## START TAKING MEASUREMENTS – PRE-PROGRAMMED EXERCISE (JOG / RUN / CYCLE)


**TIP** Skip to step 4 if tapping on lens with fingernail (if  is displayed and is programmed for desired exercise option).

1. Press **MODE/-** to select  **WORK 01**. "AUTO" will be

displayed shortly after.

2. Press **ST/SP/+** to toggle to exercise options (EX PROG) and press **SET/LAP** to confirm.
3. Press **ST/SP/+** to choose exercise program (jog, run, cycle), then press **SET/LAP** to confirm selection. The screens below will be shown.

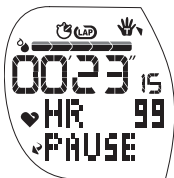


4. Press and hold **MODE/-** to search for HR signal. Ensure  and digits are displayed.
5. Press **ST/SP/+** to start warm-up timer.

**TIP** If you don't want to finish an exercise sequence (warm-up, exercise, rest), press and hold **SET/LAP** at any time to skip to the next sequence.

## PAUSE, RESUME / STOP

If you need to take a break during exercise, press **ST/SP/+**.




When ready, press **ST/SP/+** to resume exercise.

**To stop exercise and save data:** Press **ST/SP/+** to pause, then press **MODE/-**.


**To stop exercise without saving data:** Press **ST/SP/+** to pause, then press and hold **ST/SP/+**.

During a long pause and watch has timed out, the watch will lose connection with the chest belt. Hence, once you resume exercise, follow through steps above to start taking measurements for either general exercise / smart training program.

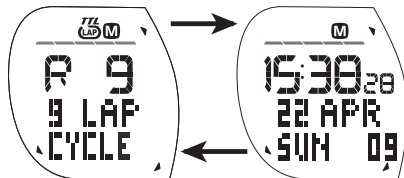
## TAKING LAPS

Press **SET/LAP** or tap on lens with fingernail (if  is displayed) when stopwatch is running.

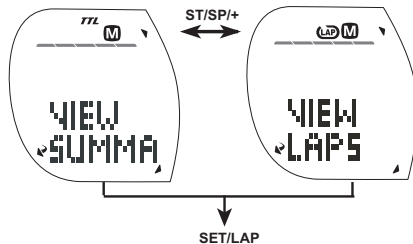
## MEMORY

1. Press **MODE/-** repeatedly to select . After 2 seconds, display will show the record for the most recent exercise done or "NO RECORD" if there is no data.
2. Press **ST/SP/+** to navigate to desired record.

**NOTE** For your convenience, the display will automatically toggle between record number with details and the time and date it was recorded.



3. Press **SET/LAP**, "VIEW SUMMA" will be displayed.
4. Press **ST/SP/+** to select type of records to be displayed, "VIEW SUMMA (Summary)" or "VIEW LAPS" (individual lap), then press **SET/LAP** to start viewing.

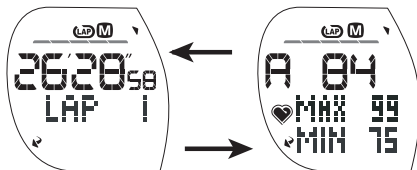


5. Press **ST/SP/+** to toggle through screens.

After viewing, press **MODE/-** to return to Step 4 and select the other memory display option for that record.

**NOTE** Option of viewing individual lap records can only be selected if laps were taken for that exercise record.

**NOTE** For your convenience, the display will automatically toggle between lap number with time taken to complete lap and the relevant heart rate information.





## UNDERSTANDING THE DISPLAYS

### Individual lap information:

	Time taken to complete lap Lap Number
	Average heart rate during that lap Maximum heart rate during that lap Minimum heart rate during that lap

### Record summary:


	Total time taken for entire exercise Number of laps completed
	Total fat burned Total calories burned
	Average heart rate Maximum heart rate Minimum heart rate
	Effectiveness of training: Amount of time when heart rate was within target zone (achieved intended results)

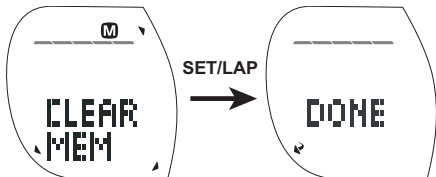
	<p>Effectiveness of training: Amount of time when heart rate exceeded the target zone</p>
	<p>Effectiveness of training: Amount of time when heart rate fell below the target zone</p>

### CLEAR RECORDS

This watch can contain data for up to 99 laps. Individual memory cannot be selected and deleted. The watch only allows for all data to be deleted.

**To delete memory:**

Press **MODE/-** repeatedly to select  , then press **ST/SP/+** until "CLEAR MEM" is displayed. Press and hold **SET/LAP** to delete all records.



When memory is full, "MEM FULL" will be displayed, followed by "CLEAR MEM".

- Press and hold **SET/LAP** to delete all records.

OR

- Press **SET/LAP** to ignore and start an exercise without recording data for it.

### OTHER OPERATIONS AND SETTINGS



#### ACTIVATE ALARM


To set daily alarm, refer to "Set watch profile" above.

**To activate / deactivate alarm:**

1. Press **SET/LAP**. Display will show "ALARM ON/OFF".
2. Press **ST/SP/+** to toggle ON/OFF.
3. Press **SET/LAP** to confirm selection.


#### ACTIVATE BACKLIGHT

Press  /  . (Press any key to extend backlight for another 3 seconds).

**NOTE** The backlight function will not operate if " " is displayed.

#### BEEP TONE ON / OFF

Press **ST/SP/+** to activate / deactivate beep tone.

 indicates beep tone is deactivated.

## REPLACE BATTERY

If the battery power of your watch or chest belt is low, the watch will display:

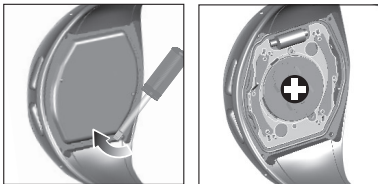
**Watch**



**Chest belt**

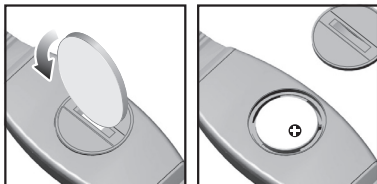
"HR BELT LO BATT"

**To replace watch battery:**



1. Use a small screwdriver to open the battery compartment lid.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by screwing it back into place.

**To replace the chest belt battery:**



1. Use a coin to open the battery compartment lid by turning it anticlockwise.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by turning the coin clockwise.

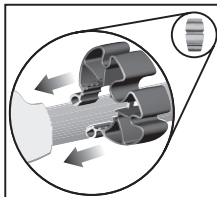
**IMPORTANT** Remember to set the profiles after every battery replacement or reset.

## KEYPAD LOCK

Press and hold  to lock or unlock keypad.  
KEY LOCKED indicates keypad is locked.

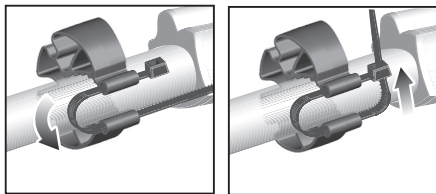
## INSTALL BIKE MOUNT

1. Clasp the bike mount onto a bike or exercise machine.

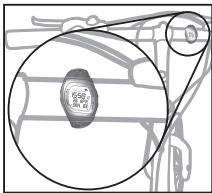




2. Insert the nylon cord to secure the bike mount according to the diagrams below.



3. Fix the watch onto the bike mount.



## WATER RESISTANCE

ITEM	WATER RESISTANCE
Watch	<p>50 metres (164 feet)</p> <p>This means you can use the watch for swimming or other water sport activities (such as surfing) but it must not be used for snorkelling and deep water diving.</p> <p><b>NOTE</b></p> <ul style="list-style-type: none"> <li>• Ensure the buttons and battery compartment are secured and intact before exposing the watch to excessive water.</li> <li>• Avoid pressing the buttons while in the water or during heavy rainstorms, as this may cause water to enter the watch, leading to malfunction.</li> </ul>
Chest belt	<p>10 metres (32.8 feet)</p> <p>Not recommended to use for swimming.</p>

**NOTE** Even if both the watch and the chest belt are water resistant, as radio signals do not carry in water, signal transmission between the watch and chest belt will still be impossible in water.

## ABOUT THE FITNESS / BODY MASS INDEX

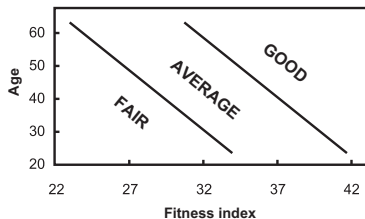
### FITNESS INDEX

Your watch will generate a fitness index based on your aerobic fitness. This index is dependent and limited by the body's ability to deliver oxygen to the working muscles in

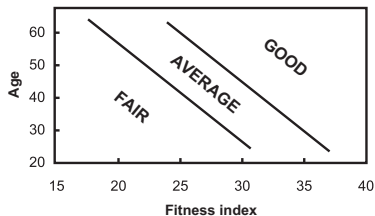
training. It is often measured by maximum oxygen uptake (VO<sub>2</sub> Max), which is defined as the highest amount of oxygen that can be utilized when exercising at an increasingly demanding level. The lungs, heart, blood, circulatory system, and working muscles are all factors in determined VO<sub>2</sub> Max. The unit of VO<sub>2</sub> Max is ml/kg min.

See the tables below for a rough guide to what your fitness index means:

**FITNESS INDEX FOR MAN**



**FITNESS INDEX FOR WOMAN**



## BODY MASS INDEX

Your body mass index is a measurement of the relative percentages of fat and muscle mass in the human body.

HEALTH INDICATION	BMI RANGE	DESCRIPTION
Underweight	Less than 20.0	Your body weight is currently lower than average. Work toward healthy, regular food intake and exercise routine to build up your health to recommended levels.
Recommended	20.0 to 25.0	Your health is at the recommended level. Maintain a balanced diet and exercise to keep your current level of health.
Overweight	25.1 to 29.9	Your body weight may be above normal. Increase your exercise and work out a diet plan to lower your risk for serious illness.
Obese	30.0 or greater	At this level, you may be at risk for heart disease, high blood pressure, and other illnesses. Consult with your doctor to develop a proper health and fitness plan.

**NOTE** BMI should not be used as a guideline for health risks for the following groups:

GROUP	REASON
Children and teenagers	BMI ranges are only based on adult heights.
Athletes and body builders	BMI does not differentiate between fat and muscle, thus making it inaccurate for persons with high muscle volumes.
Pregnant or nursing women	This group generates naturally high fat reserves as part of the pregnancy.
People over the age of 65	Fat reserves naturally tend to be higher with older persons.

**NOTE** The above BMI information is based on average Caucasian physique.

## SPECIFICATIONS

CLOCK	
Time format	12/24 hour format with hour / minute / second
Date format	DD/MM or MM/DD
Year range	2009-2058
Alarm	Daily

TRAINING	
Warm-up time range	00:00 / 00:05 / 00:10 / 00:15
Exercise time range	00:00:00 to 99:59:59 and 00:30 / 01:00 / 01:30
Rest time	On / off
Target heart rate zone	51-60%; 61-70%; 71-80%; 81-90%; 91-100%
Lower heart rate limit range	30 to 220 bpm
Upper heart rate limit range	80 to 240 bpm
Maximum lap count	99
Calorie range	0 to 9,999 kcal
Fat burn percentage range	0 to 100%
Fitness index range	1 to 66
POWER	
Watch	1 x CR2032 3V lithium battery
Chest belt	1 x CR2032 3V lithium battery
OPERATING ENVIRONMENT	
Operating temperature	For watch: 0°C to 40°C (32°F to 104°F) For chest belt: 5°C to 40°C (41°F to 104°F)
Storage temperature	For watch and chest belt: -20°C to 60°C (-4°F to 140°F)

## PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use luke warm water and mild soap to clean the watch and chest belt thoroughly after each training session. Never use the products in hot water or store them when wet.
- Do not bend or stretch the transmitter part of the chest belt.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.

- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

**NOTE** The technical specifications for this product and the contents of the user manual are subject to change without notice.

**NOTE** Features and accessories will not be available in all countries. For more information, please contact your local retailer.

## ABOUT OREGON SCIENTIFIC

Visit our website ([www.oregonscientific.com](http://www.oregonscientific.com)) to learn more about Oregon Scientific products.

If you're in the US and would like to contact our Customer Care department directly, please visit:

[www2.oregonscientific.com/service/support.asp](http://www2.oregonscientific.com/service/support.asp)

For international inquiries, please visit:

[www2.oregonscientific.com/about/international.asp](http://www2.oregonscientific.com/about/international.asp)

